



## **National Center for Public Safety Fitness**

1 June 2006

Dear Troopers,

I am writing to introduce you to the **National Center for Public Safety Fitness** at George Mason University in Fairfax, Virginia. The mission of the National Center for Public Safety Fitness is to provide health and fitness information and training for public safety personnel. This includes police officers, sheriff's deputies, corrections officers, firefighters, and emergency medical technicians. Since the Center's inception in 1982, the LawFit and FireFit programs have trained over 6,000 law enforcement and firefighting professionals. As the Center's Director, I personally invite you to attend with your fellow troopers the

**5<sup>th</sup> Annual LawFit Trooper Challenge**  
**Friday, 13 October and Saturday 14 October, 2006**  
**George Mason University Fairfax, Virginia**

During last year's competition 60 officers from 13 states, the US Marine Corps., and the US Army battled for the title of "**Fittest Troopers in America**".

The Trooper Challenge consists of a series of six fitness and job-related competitive events:

1. One repetition maximum bench press (1RM) – based on percentage of body weight lifted
2. One-minute timed sit-up test
3. Sit and reach flexibility test
4. Pull-ups
5. 200-yard agility course/suspect pursuit and apprehension
6. 1.5 mile run

These tests have been found to be good predictors of an officer's fitness for duty. Scores for the events are age and gender adjusted to provide a fair and equitable competition for all participants.

Officers may participate in a variety of events:

1. Four person teams consisting of either four males or two males and two females
2. Pairs teams consisting of either two males, two females or one male and one female
3. Individual competitors

National Center for Public Safety Fitness • George Mason University  
Physical Education Building • Room 202 • MS 1F6 • Fairfax, VA. 22030  
Phone 703-993-2071 • fax 703-993-2126 • [www.lawfit.org](http://www.lawfit.org) • [lawfit@hotmail.com](mailto:lawfit@hotmail.com)

We look forward to providing your agency's competitors with an outstanding experience at George Mason University. The \$40 entry fee for each competitor includes a Trooper Challenge commemorative shirt, lunch each day of the competition, and attendance at the Saturday evening banquet. Awards will be presented to the top five male and female competitors as well as the top three teams. Other awards will recognize age-group and individual event winners. All competitors will receive a variety of gifts and fitness gear from sponsoring organizations.

In the aftermath of the 9-11-01 terrorist attacks and with the mandate of Homeland Security in the United States, the health and fitness of law enforcement personnel is more important than ever. Today is a time when state police and highway patrol officers are being called upon to perform increasingly diverse duties in support of military and national security services. The LawFit Trooper Challenge is an opportunity to recognize those officers who have proven they are fit to serve.

Participation in the LawFit Trooper Challenge provides an excellent opportunity for supporting the law enforcement community, specifically your agency's competing officers. Your support of this unique and powerful event is greatly appreciated.

For further information or questions regarding the National Center for Public Safety Fitness and/or the 5<sup>th</sup> Annual LawFit Trooper Challenge, please contact me personally at 703.993.2071, LawFit@hotmail.com or visit our website at [www.lawfit.org](http://www.lawfit.org). Registration forms and hotel accommodations can be downloaded from this website.

I look forward to hearing from you soon.

Sincerely,

*Dave Bever*

David L. Bever, Ph.D.  
Director  
National Center for Public Safety Fitness  
George Mason University  
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# Lawfit Trooper Challenge

♣ Sponsoring Site: George Mason University Field House

## **Thursday, October 12, 2006**

- 7:30pm Welcome & Rules Interpretation Meeting  
Weigh-in & Registration  
George Mason University Field House

## **Friday, October 13, 2006**

- 8:00am Check-in/Light Breakfast
- 9:00am Opening Ceremonies  
Welcome & Introductions  
Moment of Silence  
National Anthem
- 10:00am Games Begin
  1. Bench Press
  2. Sit Ups
  3. Sit & Reach
- 12:30pm Lunch
- 2:00pm Games Continue
  1. Pull Ups
  2. 1.5-Mile Run



## **Saturday, October 14, 2006**

- 9:00am Rules & Agility Course Walk-through
- 10:00am Agility/Obstacle Course
- 12:00pm Lunch
- 2:00pm Agility/Obstacle Course
- 5:30pm Welcome/Cocktail Hour
- 6:30pm Celebration/Awards Banquet
- 9:30pm Music/Party/Dancing
  - The Auld Shebeen  
3971 Chain Bridge Road  
Fairfax, Virginia 22030  
703-293-9674

**LawFit Trooper Challenge**  
**George Mason University**  
**Fairfax, VA**  
**Friday & Saturday, October 13 & 14, 2006**

**APPLICANT INFORMATION**

(Please type or print legibly.)

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: ☐ M ☐ F

Agency Name: \_\_\_\_\_

Agency Address: \_\_\_\_\_

\_\_\_\_\_

Work Ph: \_\_\_\_\_ Cell Ph: \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size: S\_\_M\_\_L\_\_XL\_\_XXL\_\_

Do you require special accommodations under provision of the Americans with Disabilities Act? Y ☐ N ☐  
If yes, please state the nature of the accommodation required:

**EXPRESSED ASSUMPTION OF RISK**

I authorize that \_\_\_\_\_ has had a work-related medical examination in the past 12 months; is fit for full duty as a law enforcement officer; and he/she is physically able to participate in the LawFit Trooper Challenge. I further recognize that this event's physical activities (**one repetition maximum bench press, 60-second sit-up test, sit & reach flexibility test, maximum repetition pull-up test, 1.5 mile run, and 200 yard suspect pursuit**) have the potential to put significant stress on the cardiovascular and musculoskeletal systems of participants.

Signature of participating officer: \_\_\_\_\_

Signature of agency supervisor: \_\_\_\_\_

Print name and address of agency supervisor: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_ Email: \_\_\_\_\_

**Registration fee of \$40 per person made payable to LAWFIT**

**Mail this form and your registration check to:**

**Dr. David Bever**  
**National Center for Public Safety Fitness**  
**PE Building, Room 202, MS 1F6**  
**George Mason University**  
**Fairfax, VA 22030-4444**

**Phone: (703) 993-2071**  
**Fax: (703) 993-2126**  
**Email: LawFit@hotmail.com**  
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